

HRC NEWS & VIEWS

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October 2012

NEW OPPORTUNITIES BY HEATHER SIDDERS



HJCDP began as ARSATP, the Adolescent Residential Substance Abuse Treatment Program in July of 1999. We took our first youth in October 1999 from YRTC-Kearney. We had a psychiatrist and a program director to start with. Our first psychiatrist moved on and then a psychiatrist from

the adult services came over for a short time as Acting Program Director. He also moved on. The program really got its feet under it and off on a run when Dr. Judson came over as Program Director about 12 years ago. He was the one that changed the name from the long ARSATP, to it's current Hastings Juvenile Chemical Dependency Program (HJCDP). Dr. Judson worked with all staff to come up with the first HJCDP handbook and guidelines for where we were then, and where we were headed. The program actually started with about 18 youth as

our census, then moved to 24, then to 40 with Dr. Judson's leadership and guidance. We have gone from a four hour school day, with an outside school contract with Educational Services Unit #9 to our current Nebraska Youth Academy (NYA) and full school day. HJCDP has also seen many moves. We started in Building 7, came to Building 3, went to Building 4 for a couple years and have since been back to Building 3.

When HJCDP first started out, we were like an outreach of the YRTC-

(Continued on page 2)

RECOGNITION CEREMONY

What do Marj Colburn, Steve Breault, Pam Schwabauer and Terri Wynn (not present) have in common? Each of them started their careers at HRC in 1972 and were honored with other staff at the 2012 DHHS Years of Service Award Ceremony on October 9.

(Continued on page 3)



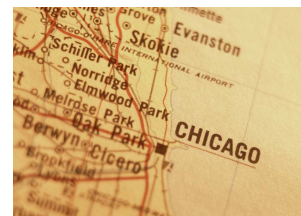
October is

Apple Month
 Employee Ownership Month
 Global Diversity Awareness Month
 National Chili Month
 National Crime Prevention Month
 National Cyber Security Awareness Month
 National Popcorn Poppin' Month
 National Work and Family Month
 Organize Your Medical Information Month
 Pizza Month
 Positive Attitude Month
 Customer Service Week: 1-5
 Fire Prevention Week: 7-13
 Mental Illness Awareness Week: 7-13
 National School Lunch Week: 15-20
 National Save for Retirement Week: 21-27
 Improve Your Office Day: 10/4
 Kanelbullens Dag (Cinnamon Roll Day): 10/4
 National Diversity Day: 10/5
 World Smile Day: 10/5
 World Teachers Day: 10/5
COLUMBUS DAY HOLIDAY: 10/8
 International Moment of Frustration Scream Day: 10/12
 World Egg Day: 10/12
 National Clean Your Virtual Desktop Day: 10/15
 National Grouch Day: 10/15
 National Boss's Day: 10/16
 Sweetest Day: 10/20
 Cranky Co-workers Day: 10/27
 Make A Difference Day: 10/27
 National Cat Day: 10/29
 National Candy Corn Day: 10/30
 Halloween Day: 10/31





Marj is in between Disney and Chicago this month. Check back in November!



NEW OPPORTUNITIES BY HEATHER SIDDERS

(Continued from page 1)

Kearney program and even used PPC or Positive Peer Culture and the 12 YRTC Problem Areas to assist the youth in identifying the areas they were struggling in. The youth in HJCDP were still on YRTC's daily census count. We then went to youth being paroled to us from YRTC, and now, to currently being able to take community referrals. Dr. Judson has also taken the lead in the program schedule with introducing our current Corrective Thinking program a few years ago, Sober Health, getting the MRT program approved and up and run-

ning to everything else that helps us create our required number of hours of programming. We have had several different agencies come in and review us and have had standards we have been required to meet over the years, so we could stay in business. Dr. Judson has always stepped up to make sure HJCDP was going above and beyond to be a program of excellence. Dr. Judson has been an active leader and supporter of all these changes to HJCDP and has helped develop it over the years to where it is today. He really "owned" the program from the very start. It was his dedication and devotion to see that

HJCDP was a success, that the program has really developed to where we all are today.

We have seen many changes over the past 12 years with his support and leadership. We all know he will still be coming to see us once a week, but his daily guidance and drive will be missed. And, we are all wondering who will keep Heather in line!

We want to wish him and Mindy well in their new work opportunities in Lincoln. Dr. J will be missed.

EMPLOYEE EARNS DOUBLE HONORS BY CORINNE JENSEN



Dave Haase, Facility Maintenance Specialist, was recently awarded the HRC Employee of the Quarter **and** the Employee of

the Year. Congratulations, Dave on this honor!

The Employee Recognition Committee made their selection based on

comments made by his peers and included the following: "Dave has skills and abilities that he utilizes to make the work area comfortable, appealing and safe. Recently, he was given the assignment of painting several offices. He not only completed the tasks in a timely manner, but he also offered assistance to hang photos and arrange furniture to assist the office staff. Throughout the remodeling process, Dave had a positive attitude and provided ideas to make the work area more efficient for its occupants. Dave is friendly to everyone he encounters, offers assistance

and completes the work assigned. His cooperation and willingness to help is greatly appreciated." Dave was presented with a certificate, a parking spot of his selection, \$30 in Chamber Bucks and will be a nominee considered for the DHHS 2013 Employee of the Year.

This is a recognition of a job well done!

Keep up the good work!

2012 DHHS SERVICE AWARDS CEREMONY



Marj Colburn — 40 Years of Service



Steve Breault — 40 Years of Service

Teresa Wynn
40 Years of
Service



Pam Schwabauer — 40 Years of Service

30 Years of Service
Janet Schueler
Shelly Cantrell



Pat Adrian—35 Years of Service



Terry Blum— 30 Years of Service

2012 DHHS SERVICE AWARDS CEREMONY



Cheri Delay — 25 Years of Service



Henry Potts — 20 Years of Service



Connie Johnson — 15 Years of Service



Heather Sidders — 15 Years of Service

Tim Deal
25 Years
Of Service

Micki Schamens
20 Years
Of Service

Rochelle Dixon
15 Years
Of Service

Leeann Schutte
Kathi Johnston
Betty Hert
Judy Kussman
10 Years of Service

2012 HEALTH FAIR A SUCCESS BY CHERI DELAY



The dining hall has been put back in order, the paperwork has been closed out and filed, and the winners of the door prizes have been announced – the 2012 HRC Health Fair is now over and preliminary plans for the 2013 event are already being considered.

This special event was held on Tuesday, September 25, with 59 staff stopping by to visit with vendors and enter their names in the door prize drawing. The theme of this year's fair was Go Big Red. Staff wore their Nebraska red showing team support and their hopes for a great football season for the Huskers. The room was filled with red and no blue was to be seen for Michigan even though we are sure the Michigan spirit was in the build-

ing. Sixteen vendors participated this year – Employee Wellness & Benefits, CCC-Dental Clinic, EAP, Hastings Area Council on Alcoholism, Hastings Family YMCA, HyVee from Grand Island, Mary Lanning Health Care – Health and Wellness, Mary Lanning Health Care – Cardiopulmonary, Mary Lanning Health Care – Diabetic Educator, Licensed Massage Therapist, Murray Natural Health and Chiropractic, SASA, Voc Rehab Services, Physical Therapy Sports Rehab, Jurgens Chiropractic, and Blades Hair and Nails. A group snapshot was taken as appears with this article. Their participation is greatly appreciated!

Sherry Block commented that the Health Fair was very well organized and the vendors had a lot of good information to share. She thanked the Wellness Committee for their efforts and for hosting the Fair. Micki Schamens felt there was lots of good information and lots of vendors who were very helpful. Both

Micki and Kris Sorensen were especially glad to have someone there from United Health Care to answer staff questions in regard to our new health insurance plan.

Door prizes included Nebraska caps, Nebraska string backpacks, Nebraska disposable shopping bags, and special Nebraska flameless candles. The winners of the door prizes were: Dennis Stromer, Corinne Jensen, Jean Luther, Karen Newcomb, James Schulte, Donna Hartzel, Dan Fox, Troy Lyon, Shelly O'Conner, Carol Staples, Kay Hoshaw, Pam Sawicki, Krysten Vance, Micki Schamens, Steve Breault, and Josh Albrecht.

Many thanks to Employee Recognition committee members: Pam Schwabauer, Dolores Kimminau, Mindy Blair, Doug Bonham, Connie Johnson, Wanda Yoachim, Grant Johnson, Kelly Hoelting, and Cheri Delay, for all their hard work on this event. A special thank you to Pam Schwabauer for her leadership of this committee.

Other "honorable mentions" include Steve Fielder and Dean Stromer for their help in moving tables or any other "heavy" work that needed to be done.

NEW CAMERAS INSTALLED BY JEAN LUTHER

At the end of September, there were several new cameras added. A camera was added in each of the East corridors on the units to cover the area on the other half of the corridor that was not adequately covered by the older cameras. The new ones are much clearer and will help in surveillance when incidents

occur.

There were also three cameras added in the central area on the first floor. One camera is in the foyer facing the building entry door that visitors use. The second camera covers the area where youth normally wait before treatment meetings and

Learning Committee. The third camera is in visitor room number one.

These additional cameras will enhance our capabilities for video surveillance when looking back at recorded material on incidents.



FIRE PREVENTION WEEK BY JEAN LUTHER

Fire prevention week is held every year during the week in which October 9th falls. It is to commemorate the **Great Chicago Fire**, which burned from Sunday, October 8, to early Tuesday, October 10, 1871, killing hundreds and destroying about 3.3 square miles (9 km²) in Chicago, Illinois. The fire was one of the largest U.S. disasters of the 19th century.

The fire's spread was aided by the city's use of wood for building, a drought prior to the fire, and strong winds from the southwest that carried flying embers toward the heart of the city. The city did not react quickly enough, and at first, residents were not concerned about it, not realizing the high risk of conditions. The firefighters were tired from having fought a fire the day before. The firefighters fought the flames through the entire day and became exhausted. As the fire jumped to a nearby neighborhood,

it began to destroy mansions, houses and apartments, most made of wood and dried out from the drought. After two days of the fire burning out of control, rain helped douse the remaining fire. City officials estimated that more than 300 people died in the fire and over 100,000 were left homeless.

The [National Fire Protection Association](#) (NFPA) announced the 2012 [Fire Prevention Week](#) theme as "Have Two Ways Out!" to encourage families across the country to prioritize fire escape planning and practice. From October 7-13, 2012, NFPA blazes the trail for home fire safety and leads the campaign to have a home fire escape plan that prepares families to think fast and get out quickly when the smoke alarm sounds. If one exit is blocked by smoke, it's imperative to plan for another escape outlet.

During National Fire Prevention

Week, October 7 - 13, 2012, attention is focused on promoting fire safety and prevention, however we should practice fire safety all year long. Many potential fire hazards go undetected because people simply do not take steps to fireproof their home.

Many bedroom fires are caused by misuse or poor maintenance of electrical devices, careless use of candles, smoking in bed, and children playing with matches and lighters. Most potential hazards can be addressed with a little common sense. For example, be sure to keep flammable items like bedding, clothes and curtains at least three feet away from portable heaters or lit candles, and never smoke in bed. Also, items like appliances or electric blankets should not be operated if they have frayed power cords, and electrical outlets should never be overloaded.

HOUSEKEEPING UPDATE BY MARY ANN KOCH

Welcome fall! On my morning walk I was reminded of how beautiful the fall colors are, and how beautiful our campus is. I've just returned from vacation, and I am catching up on things that I have missed.

On a happy note, we had a wed-

ding in our department, Charlene Gentert and Gary Shay were married September 8th. We are very happy for them and wish them the best! Charlene also became a grandmother again this month, what a month. Sorry Charlene, [THIS IS NEWS](#).

It seems that everything else has been business as usual. The girls said that they received many well wishes and treats during Housekeeping Week. Thank you all so much for thinking of us, and have a great fall month.

MAINTENANCE NEWS BY CHERI DELAY & GARY PEISIGER

Although some of the outdoor projects are on the downward slope because of the changing weather, many indoor projects are on-going at this time for our maintenance crew. Air conditioning units have been shut down and "winterizing" the units has begun. The air conditioning unit in the kitchen was fixed and is back in working order for

next year. Air filters in the air handlers in Building 3 have been replaced. The remodeling of offices in Building 3 continues. The offices of Dr. Zoucha and Corinne Jensen have been finished, and they have moved in. This office area looks especially nice. Maintenance staff continue to work on other offices that are being redone. In some of-

fices, wall paneling will be removed which I would think is quite a project in itself. Electrical wiring has to be dealt with and hooked back up when the rooms are finished. After the paneling is pulled off and removed, the walls have to be prepared for painting. This is not a one to two-day job. Old glue has to

(Continued on page 7)

YOU'RE A WINNER

- Thanks to Gary and the MTNC crew for getting the cemetery looking nice for the Dedication Ceremony on Sept 28.
- Thanks to Dave, and Steve, and Dean for their work painting and fixing up offices in Bldg #3.
- Thanks to Jean and Grant for getting additional cameras installed in Bldg #3.
- A big thanks to Josh Albrecht, Jessica McIntosh and Travis Harms for becoming new Mandt Instructors for HJCDP. They completed a week long training the last week in September to become instructors
- A big thanks goes out to Marj Colburn for all her hard work on the proposals for HJCDP and the campus at HRC. The new building plans look great!
- Furniture was moved and rearranged to accommodate the new offices established on the second floor of Building 3 due to the efforts of Dave, Dennis and Steve.
- Having a variety of vendors present at the Employee Health Fair made it very informational. The treats were delicious and the door prizes were great. Thanks to the Committee for all their hard work!
- Many thanks to Linda and Jean for getting the phones hooked up and computer wiring in place for the relocation of offices in Building 3.
- Housekeeping did a great job to prepare the offices for occupancy on the 2nd Floor of Building 3.
- Thanks to Kelly and Pat for providing the flu vaccinations to staff on two separate occasions.
- Dr. Zoucha has brought great ideas to make the Exam Room a more client friendly atmosphere.

NUTRITIONAL SERVICES NEWS BY MINDY BLAIR

The theme this year for the Thompson Food Show was "The Price is Right", and they were definitely right for buying Hot Deals. Shelly and I were able to attend on October 1st and sample new foods such as turkey burgers, gluten free pizza, and non-dairy ice cream. We were positively surprised by how much flavor was in the turkey burgers and how you couldn't taste the difference between regular and gluten

free pizza. Also, the non-dairy ice cream was delicious and is a great way for lactose intolerant people to enjoy a sweet treat. Many of the vendors had foods that meet the new School Lunch Program requirements. We have heard both positive and negative things about the new requirements. Many people like the fact that more fruits and vegetables are being served because children are being introduced

to new and healthy foods. At the same time though, the children feel they are not being served enough protein and grains to be active during after school activities. With all of the changes, we hope to provide the best possible meals for the youth to give them the energy they need to complete each school day and after school activities.

MAINTENANCE NEWS CONTINUED

(Continued from page 6)

be removed as best can be, holes and rough areas are patched over, and sanded when they have dried. If one coat does not do it, which is true most of the time, more patching and sanding is done until the wall is perfectly smooth and

ready for a coat or two of paint. Carpet will be installed in some of the offices which is also done by our maintenance staff. We are also working on hauling all surplus equipment on campus to Building 7 for transport to Lincoln at some time in the future.

Happy Birthday Wishes to
Dolores Kimminau on
October 17!

Hope you have a
wonderful day!!

Mindy

CRAWLING OUT OF YOUR HOLE BY JOE TYE, CEO OF VALUES COACH INC.

We often hear that we need to "think outside of the box," but for most of us that's not really our problem. Anyone who's ever fantasized or had a day-dream is thinking outside of the box.

No, the real problem is having the courage to take action, to follow the path that those fantasies and out-of-the-box thoughts would lead us down.

It's the difference between wishful thinking and positive thinking. Wishful thinking is hoping for something and waiting for someone else to make it happen. Buying lottery tickets is wishful thinking - and worse than a waste of time and money.

Positive thinking is expecting something and working to make it happen. Here are five actions you can take to transform your out-of-the-box thoughts into positive real-world results:

1. Think Big, Start Small, Start Now

Big dreams are wonderful, but they can be intimidating, can't they? The secret to achieving them is to start on something small and manageable before

the inevitable temptation to crawl back into your hole sets in. As Goethe famously said, "Whatever you can do, or dream you can do, begin it. Boldness has genius, power, and magic in it. Begin it now."

2. Put it in Writing

Read every book that's ever been written on how to set and achieve big goals and you'll see lots of different ideas, but every single one of them will say this: set down your goals in writing. And not just once - write them out again every day until they are so firmly impressed upon your brain that they become what I call "memories of the future."

3. Create Visual Reminders

One of the activities we do at my Grand Canyon Spark a Dream Workshop is give everyone a t-shirt. On the back it says "Define your future by your dreams and not by your memories, by your hopes and not by your fears." We dump a pile of colored markers on a table and everyone draws a picture representing a dream that is important to them on the front. I've heard amazing stories from people who tell me that an important reason their

dream became real is that they wore that picture next to their hearts.

4. Create a Prototype

This is a vitally important, and often overlooked, step. A prototype is a working model. It allows you to get started, to try things, and to fail at a scale that is manageable. You can prototype anything: a blog or journal article can be the prototype for a book; a home-based web business can be the prototype for a quit-your-day-job and become an entrepreneur enterprise; volunteering for a Habitat for Humanity project can be a prototype for your dream of retiring to a life of service to others.

5. Make the Commitment

Every great accomplishment was once the "impossible" dream of a dreamer who refused to quit when the going got tough. And if you are thinking big, at some point the going is sure to get tough. When it does, remember what the late Randy Pausch told us in his book *The Last Lecture*: "Brick walls are not there to stop you. They are there to make you prove how much you want something."



HRC CEMETERY DEDICATION

On September 28, a ribbon cutting ceremony led by Marj Colburn & Tammy Fiala was held at the Memorial Garden recently created in the HRC Cemetery. The ceremony included the reading of names for those buried by coordinators Marj, Tammy, Nancy K. and Corinne J. along with a moment of silence.

Craig Thelen, Operations Manager, State Building Division designed the garden and Marj Colburn created the quote inscribed on the monument, "For all that was, For all that might have been, Grant us rest and peace."

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It is the policy of the Editorial Board to attempt to print any article that does not attack another person. The Editorial Board reserves the right to edit articles for size & content.

AA/EOE/ADA

THANK YOU!

The following note was received from Dr. Klaus Hartmann:

"I just received the gift certificate for Subway. You know I will be using it shortly. That was very thoughtful and I thank you so much. Please convey my thanks to the rest of the team.

Enjoyed working at HRC. It was a nice break from my routine.

Wish you well, Klaus"

NEW EMPLOYEE



Katie Harvey joined HJCDP on October 15 as a Youth Security Specialist on the afternoon shift.

Please welcome Katie to HRC!



Shoe boxes for youth activity. Please drop off at Room 121. Thanks from Chris

Pink Lids from Yoplait Yogurt. Please send to Chris Martin for supporting Breast Cancer Research.

Red bricks at a reasonable price. Contact Cheri @ 3223.

4 or 5 Drawer Dresser for a child's room. Can be white or wood. Contact Marj @ 3166.

MOTIVATION FROM CHRIS

Wow! I can't hardly believe it is the middle of October already. How many of you stuck with your New Year's resolutions for 2012? I did, and it wasn't easy, but with lots of support from coworkers, friends, and family I made my goal. My goal was to lose at least 30 pounds. Well I am happy to say that I have lost almost 40 pounds!

Sometimes it is hard to know what 40 pounds feels like so here is one way to put it into perspective. Imagine carrying around 4 ten pound bags of potatoes all day, every day. I lost the weight by joining Weight Watchers and learning how to eat healthier and portion control. I also added walking to my plan. I encourage anyone who wants to walk with the group to come join us. It is more fun to walk with a group than by yourself. You get to catch up with others to see what they have been up to. Just a 15 minute walk outside in the fresh air sometimes just makes you feel better. You don't have to walk fast if you don't want to. We all need to take care of ourselves and walking is one way to help if you are feeling stressed, tired, or just plain blah.

I know the weather will be changing and it will be getting colder and some people might not want to walk outside due to the cold, so I encourage anyone who wants to walk that they could walk either in the chapel or the weight room on the treadmill. There are always alternatives to finding a place to walk. Please come join us!

APPLE DIP RECIPES from Mindy Blair and featured at the Employee Health Fair

Caramel Dip

4 oz. cream cheese, softened
½ cup brown sugar
1 tsp. vanilla

Mix ingredients together and beat until smooth.

Strawberry Dip

2 ½ lbs. frozen sliced strawberries, drained
1 ½ lbs. cream cheese
3 tsp. vanilla

Mix ingredients together and beat until smooth.

Peanut Butter Dip

8 oz. cream cheese
¾ cup brown sugar
2 tbsp. peanut butter
1 tsp. vanilla

Mix ingredients together and beat until smooth.

Enjoy!